

# Easy.

Call us at 617-635-2200 to find out how we can help you and your family.

# Accessible.

We are open 7:00am - 6:00pm  
Monday – Friday.

# Private.

Anything you discuss with your counselor stays between you two.

Wendy Castillo-Cook  
Director

Participating Authorities and Commissions



## *Directions:*

The Employee Assistance Program is located at:

43 Hawkins Street, GA Level  
Boston, MA. 02114. Intersects with  
New Chardon Street, near John F.  
Kennedy Federal Building and across  
from Boston Police District A-1.

### *MBTA:*

From: Orange, Red and Green Lines  
Take Orange Line towards Oak Grove  
to Haymarket Station (*about 5 min walk*).  
Red line to Park St. (*about 11 min walk*)  
Green Line to Government Center  
(*about 5 min walk*).

The EAP is free and available to all  
City Employees and their family  
members.

*Hours: Mon-Fri from 7:00am to  
6:00pm. You can access our  
website; @[boston.gov/eap](http://boston.gov/eap),  
find us on Twitter @CityOf  
[BostonEAP](http://BostonEAP) or call 617-635-2200*

# Employee Assistance Program

Your Resource for Solutions



Kim M. Janey  
Mayor of Boston

[Boston.gov/eap](http://Boston.gov/eap)

## ***About the EAP***

The City of Boston Employee Assistance Program began in the 1970's; with a primary focus on assisting workers who needed help addressing alcohol/drug issues which affected their work performance. Over the years as workplace environments have evolved, EAP continues to utilize a strength based and solution focused approach to provide a wide range of resources and skills development that will help improve the overall well-being of the City of Boston's diverse workforce.

## ***Mission Statement***

To promote, establish and increase quality of life, good health and personal experiences. Our goal is to work in collaboration with employees family members and retirees to restore and or initiate well-being in work and life.

## ***Who we serve?***

The EAP is a resource offered to the City of Boston workforce. The service is available regardless of position or length of employment, is confidential and is available at no cost.

## **Your Resource for Solutions**

### ***What we do?***

The EAP is continuously meeting the emerging needs of the workforce by providing a wide range of human services. We provide a benefit to all City of Boston employees and their family members in identifying their specific needs and resolving personal concerns impacting work and life.

### ***How do we do it?***

Our focus is on our client's strengths and well-being. Using prevention and early intervention strategies, we assess their needs and provide referrals to corresponding agencies, advocacy, and case management.

## ***What value do we bring?***

The EAP offers a safe and supportive environment that is sensitive to the concerns and interest of the City of Boston workforce. We collaborate with employees to resolve concerns that may impact health, well-being, social functioning, and productivity issues in the workplace such as:

- Balancing Work and Family
- Mental Health
- Alcohol and Drugs
- Recovery Management
- Job Related
- Domestic Violence
- Financial

and much more...

The EAP is a neutral and voluntary resource and our focus is employee well-being. For additional information you can access our website:

**[Boston.gov/eap](https://www.boston.gov/eap),**  
**[Twitter @CityOf BostonEAP](#) or**  
**[call 617-635-2200](tel:617-635-2200).**